

OPERATION IRAQI FREEDOM

Re-Deployment Medical Threat Briefing

Name & Unit



Prepared by:
**U.S. Army Center for Health Promotion and Preventive
Medicine**

(800) 222-9698/ DSN 584-4375/(410) 436-4375

<http://usachppm.apgea.army.mil>

Re-deployment Medical Briefing

- **Purpose of this briefing**
- **Background on health concerns**
- **Health threats from this region**
- **Re-deployment medical requirements**
- **Homecoming Stress**
- **Summary and where to get more infor**



Purpose of this briefing

To ensure that any concerns you may have about your health are addressed and that you understand the medical requirements for re-deployment



Background

- **Over 300,000 US and Coalition Forces are re-deploying from support of Operation Iraqi Freedom**
- **Of utmost importance is force health protection and addressing concerns you might have about your health**



Medical Requirements for Re-deployment

- In-theater
 - **Receiving this post-deployment medical threat briefing**
 - Completing the Post-Deployment Health Assessment (DD Form 2796)
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - Understanding where to go for health problems or concerns after you return home
- Home Station
 - Tuberculosis skin test (TB), blood draw and any indicated referral appointments, DD2900

Medical Threats for the Region

- Threat Categories

- Infectious
- Vector borne
- Animal associated
- Environmental

- Diarrheal diseases
- Tuberculosis
- Malaria
- Dengue
- Meningococcal Meningitis
- Leishmaniasis
- Q-Fever
- Rabies
- Avian Influenza
- Sandfly Fever
- Schistosomiasis
- Typhoid/Paratyphoid
- Typhus
- Boutonneuse Fever
- West Nile Fever
- Leptospirosis

Common Health Problems Reported

The most commonly reported health problems observed in theater:

- Upper respiratory illness
- Diarrhea

Upper Respiratory Infection

- Can be caused by a number of different things, viruses, bacteria, dust particles
- The contributing factors are close living quarters, variation in sleep routine, stress, change in hygiene habits
- Symptoms resolve in a few days
- If you are experiencing signs of a cold, like draining sinuses, sore throat or cough for more than 2 weeks, seek medical attention

Diarrheal Diseases

- It is normal for almost everyone to have some bowel disturbances due to changes in diet and eating habits
- Can be caused by bacteria, viruses, or parasites
- If you currently have diarrhea symptoms (loose watery stools, more than 3 times per day), speak to a health care provider

Infectious Diseases: STDs/Bloodborne

- Sexually Transmitted and/or Bloodborne Diseases
 - HIV/AIDS
 - Gonorrhea
 - Chlamydia
 - Syphilis
 - Hepatitis B

If you abstained from sexual contact while deployed, you are not at risk for STDs

Infectious Diseases: Tuberculosis

- Tuberculosis disease is present in the Iraqi local population
 - Caused by a bacteria spread by coughing, sneezing, speaking, or spitting from infected persons
- Symptoms
 - Cough continuing for a long time, chest pain, weight loss, night sweats, fever, and weakness
- The TB skin test will show if you have been exposed to someone with active disease, not necessarily that you have the disease

Infectious Diseases: Malaria

- Blood parasite transmitted by mosquitoes
 - Disease is not in Kuwait
 - Your risk is very low in most Iraq locations and is seasonally influenced
- Symptoms
 - Incubation period: 8-14 days
 - Symptoms: fever, flu-like illness, chills, headache, muscle aches, and fatigue
- If you are at high risk of getting this disease you will be told to take malaria drugs
 - Follow your instructions completely to avoid getting sick!



Infectious Diseases: Leishmaniasis

- A parasite transmitted by sand fly bites
- Symptoms
 - Non-healing sores
 - Sometimes - fever, weight loss, weakness, anemia, swelling of spleen and liver
 - Symptoms can appear weeks to months after getting bitten
- If you experience any of these symptoms, while deployed or after you get home, make sure you speak to a health care provider!



Sand flies are very small - only one-third the size of mosquitoes.

The background of the slide is a close-up, slightly blurred image of the American flag, showing the stars and stripes. The stars are white on a blue field, and the stripes are red and white.

Animal Associated Diseases

- Naturally occurring Anthrax
- Rabies
- Avian Influenza

Anthrax (Naturally Occurring)

- No exposure to bioagent Anthrax reported
 - Bacteria transmitted by animals, animal hides or contaminated meat



- Symptoms
 - On skin. Progresses from bump → blister → ulcer, swelling, and fever
- If you have an ulcer with a black scab or that has had a difficult time healing, please make sure you speak to a health care provider

Rabies

- The wild dogs roaming troop areas in Kuwait and Iraq could be carrying rabies
- Caused by virus in the saliva of infected mammals or bats
- Rabies is nearly 100% fatal
- If you were bitten by a dog, or any other animal, post exposure treatment must be started immediately

Animal Contact Diseases

Avian Influenza H5N1

- Rare cases of H5N1 influenza could occur in operational forces exposed to infected poultry flocks.
- In the unlikely event that H5N1 influenza gains the ability to efficiently spread directly from person to person, initiating a human influenza pandemic, a significant number of operational forces worldwide could be affected.
- Very severe illness; fatality rate higher than 50% in symptomatic cases
- Seek medical treatment immediately if you feel ill.

Other Disease Threats

- Other less common infectious diseases are covered in your ***Redeployment Medical Guide for Missions in Support of Operation Iraqi Freedom*** tri-fold

Environmental Threats

- Environmental assessments ongoing at all primary troop locations in Kuwait and Iraq
- Air, soil and water analyzed for:
 - Pesticides
 - Chemicals and heavy metals
 - Radiation
- As of May, 2003, particulate matter (dust) levels were a moderate hazard but no other health risks found
- Smoke from battlefield and oil well fires was not a health hazard

Environmental Threats: Dust

- Dust levels are consistently higher than other areas of the world
- Smoke and air pollution are similar to many industrial areas in the US
- Can cause runny nose, sore throat and cough; may worsen allergies
- Symptoms usually resolve in a few days after leaving the area; if not, seek medical attention

Blood Donation

- Soldiers who have been to Iraq cannot donate blood for a year after redeploying.
- If you get malaria you will be deferred from donating blood for 3 years



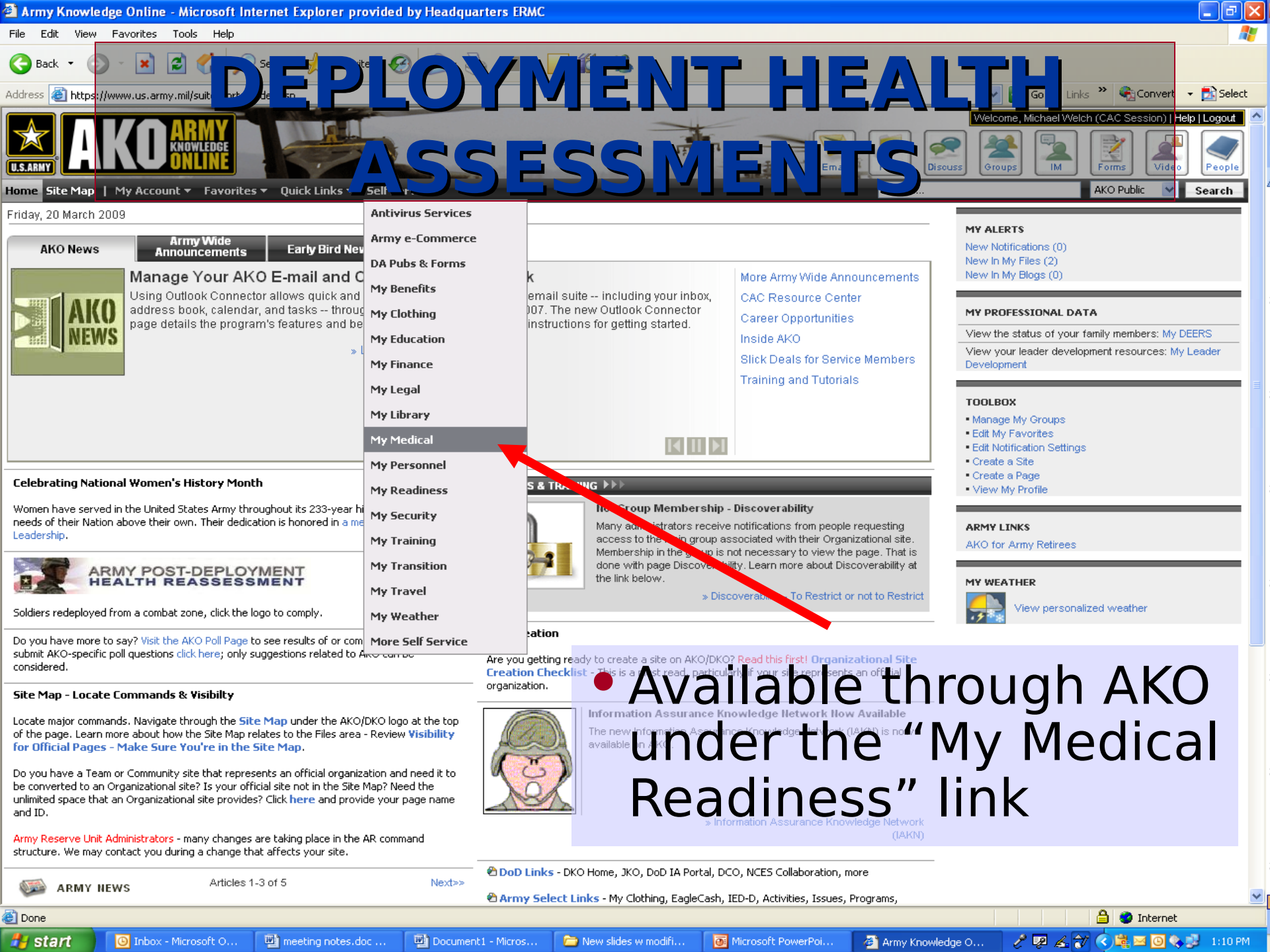
The background of the slide is a stylized American flag, with the stars and stripes visible. The title is enclosed in a red-bordered box.

Post Deployment Requirements

- In-theater
 - Receiving this post-deployment medical threat briefing
 - Completing the Post-Deployment Health Assessment (DD Form 2796)
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - Understanding where to go for health problems or concerns after you return home
- Home Station
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - TB skin test, blood draw and referral appointments, DD 2900

Post Deployment Health Assessment Form

- DD Form 2796 must be completed no more than 30 days prior to departing for home station OR within 7 days upon return to home station.



DEPLOYMENT HEALTH ASSESSMENTS

Antivirus Services

Army e-Commerce

DA Pubs & Forms

My Benefits

My Clothing

My Education

My Finance

My Legal

My Library

My Medical

My Personnel

My Readiness

My Security

My Training

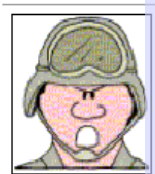
My Transition

My Travel

My Weather

More Self Service

Available through AKO under the “My Medical Readiness” link



Are you getting ready to create a site on AKO/DKO? Read this first! [Organizational Site Creation Checklist](#) - This is a must read, particularly if your site represents an official organization.

Information Assurance Knowledge Network Now Available
The new Information Assurance Knowledge Network (IAKN) is now available in AKO. [Information Assurance Knowledge Network \(IAKN\)](#)

[DoD Links](#) - DKO Home, JKO, DoD IA Portal, DCO, NCES Collaboration, more

[Army Select Links](#) - My Clothing, EagleCash, IED-D, Activities, Issues, Programs,

DEPLOYMENT HEALTH ASSESSMENTS

Address: https://www.us.army.mil/suite...
 Welcome, Michael Welch (CAC Session) | Help | Logout
 Home Site Map | My Account | Favorites | Quick Links | Self...
 AKO Public Search

My Medical Readiness (Related Content)

AKO Home > My Medical > My Medical Readiness > My Medical Readiness

Periodic Health Assessments

MEDPROS PERIODIC HEALTH ASSESSMENT

Soldiers can now complete their portion of the Periodic Health Assessment (PHA) online before their appointment with the medical provider. Complete your portion of the PHA, then schedule an appointment with your medical provider or MTF to complete the PHA process. Direct all questions regarding scheduling provider appointments to your Chain of Command.

Click here ([Periodic Health Assessment](#)) to begin your assessment.

If you have questions regarding your PHA, please contact your chain of command. For additional information about completing the PHA, [click here](#).

Deployment Health Assessments

MEDPROS DEPLOYMENT HEALTH ASSESSMENTS PRE POST PDHRA

Soldiers deploying or redeploying from theater can now complete their portion of the Pre, Post or Post Deployment Health Reassessment online before their scheduled deployment processing at which time a medical provider will complete the assessment with the Soldier. **Do not complete online unless instructed to do so by your Chain of Command.** Click here ([Deployment Health Assessments](#)) to begin your assessment.

Post Deployment Health Re-Assessment (PDHRA)

MEDPROS POST DEPLOYMENT HEALTH REASSESSMENT

Soldiers deployed to a combat zone for more than 30 days are eligible to complete the Post Deployment Health Reassessment (PDHRA) 90 days after redeployment/de-mobilization. As a goal, Commanders should attempt to screen Soldiers 90-180 days after their return.

PDHRA is a Commander's Program. Visit the PDHRA for Commanders and Leaders page for more information on how to complete the screening and Battlemind II training.

Visit the [PDHRA for Soldiers page](#) for more information on how to complete the screening and Battlemind II training.

For all non-PDHRA questions, please contact the MODS Helpdesk (MODS-help@asmr.com)

Review the Frequently Asked Questions for the PDHRA program and each component below:

[US Army PDHRA Program FAQs](#)

[US Army Active Component FAQs](#)

Active Duty POC: AC PDHRA TEAM

OTSG.PDHRA@AMEDD.ARMY.MIL

Internet Accessible Health Assessment Information

[Open web site in a separate browser window.](#)

Internet Accessible Health Assessment Information

Listed below are DoD, Joint and Army Policies and compliance information for Military Health Assessments. This information is provided as required by the 2005 National Defense Authorization Act.

DoD/Joint Forces Policies

Medical Readiness Information Sites

- [MEDPROS - Medical Protection System](#)
- [CHPPM Deployment Resources](#)
- [DOD Post Deployment Health](#)
- [Deployment Medication Information Sheets](#)
- [Soldier Deployability Checklist](#)
Poster identifies documents and other requirements for deployment.
- [Deployment Link](#)

Vaccine Information

- [Military Vaccine Home Page](#)
- [Walter Reed National Vaccine Healthcare Centers](#)
Patient and Provider resources for vaccinations

MEDKN EFMB



The Expert Field Medical Badge Test Control Office is now part of the AKO Medical Knowledge Network (MEDKN). Visit this site for complete details on EFMB training, the new EFMB video and continuously updated content.

[Visit MEDKN EFMB](#)

My Medical Collaboration Center

Enter "Deployment Health Assessments"

File Edit View Favorites Tools Help

Address <https://www.us.army.mil/suite/portal/index.jsp>

DEPLOYMENT HEALTH ASSESSMENTS

Welcome, Michael Welch (CAC Session) | Help | Logout

Home Site Map | My Account | Favorites | Quick Links | Self Service

Search... AKO Public Search

My Medical Readiness (Related Content)

MWDE Session Timeout: 14 Min 54 Sec - Microsoft Internet Explorer provided by Headquarters ERM

File Edit View Favorites Tools Help

Address <https://mwde.mods.army.mil/mwde/Secure/default.asp>

SSN	NAME	RANK	DOB	UTC	GENDER	Current Location
				unk	M	AKO

Deployment Health Assessments

Pre Deployment DD2795

Post Deployment DD2796

Post Deployment Health Reassessment DD2900

DO NOT complete this form unless you have been directed by the SRP Staff, Call Center or your Commander. Contact Post.PDHRA@asmr.com for questions or assistance.

[Guidance for the new DD2796](#)

Indicates Forms Completed using the DD Form 2796 April 2003 version

Indicates Forms Completed using the DD Form 2796 January 2008 version

Post Deployment Health Assessment for: **welch michael william**

	Date	Status
View Completed Survey	2006/11/20	Completed
View Completed Survey	2004/02/09	Completed

No Post-Deployment Survey Version January 2008 on file

[Start New Survey](#)

Done SRP Site

Fri 3/20/2009 13:18 PM

OTSG.PDHRA@AMEDD.ARMY.MIL

my medical consultation center

Internet

Click on Post Deployment DD2796 and then "Start New Survey"

DEPLOYMENT HEALTH ASSESSMENTS

U.S. ARMY
AKO ARMY KNOWLEDGE ONLINE

Welcome, Michael Welch (CAC Session) | Help | Logout

Home Site Map | My Account | Favorites | Quick Links | Self Service

Search... AKO Public Search

My Medical Readiness (Related Content)

MWDE Session Timeout: 16 Min 37 Sec - Microsoft Internet Explorer provided by Headquarters ERM

Address: https://mwde.mods.army.mil/mwde/Secure/default.asp

SSN	NAME	RANK	DOB	UIC	GENDER	Current Location
				3	unk	M
						AKO

Post-Deployment Health Assessment (PDHA)

INTRO: STEP 1: STEP 2: STEP 3: STEP 4: STEP 5: STEP 6: SUBMIT

PRIVACY ACT STATEMENT:

Authority: 10 U.S.C. 136, 1074f, 3013, 5013, 8013 and E.O. 9397.

Principles: The Department of Defense is committed to providing medical care to its personnel and their families. The information you provide may result in a referral for additional healthcare that may include medical, dental or behavioral healthcare or diverse community support services.

Routine Use(s): In addition to those disclosures required by the U.S.C. Privacy Act, to other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment. Responses may be used to guide possible referrals.

Disclosure: Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: When answering questions, please select the best answer for each question. You are encouraged to answer each question. If you are unsure of the answer, select "I don't know". If you are providing inaccurate information, it may impair a healthcare provider's ability to identify health problems and refer you to appropriate sources for additional evaluation or treatment. If you do not understand a question, please ask for help.

PRINT VIEW PRINT RECORD NEXT

Done SRP Site Fri 3/20/2009 13:18 PM

Error on page.

OTSG PDHRA@AMEDD.ARMY.MIL

my medical consultation center

Internet

Internet

Information
s and compliance
This information is provided
Authorization Act.

Complete each section, proceeding by clicking on "next"

When completed, click on "submit"

is now part of the AKO Medical
complete details on EFMB training,
tent.

s and compliance
This information is provided
Authorization Act.

1 It is now part of the AKO Medical
complete details on EFMB training,
intent.

Complete each section, proceeding by clicking on "next"

When completed, click on “submit”

The background of the slide is a faded, wavy American flag. The stars are visible in the upper left, and the stripes flow across the rest of the image.

Post Deployment Health Assessment Form

- Step 1 - Demographics
 - Deployment location
 - Country, list all
 - Operation Iraqi Freedom

Redeployment Requirements

- In-theater
 - Redeployment medical threat briefing
 - Post-deployment health assessment (DD Form 2796)
 - Post-deployment medical screening, testing, and follow-up
 - Know where to go for health problems or concerns after you return home
- Home Station
 - Post-deployment medical screening, testing, and follow-up
 - Tuberculosis skin test, blood draw and referral appointments, DD2900

Post-Deployment Health Assessment Form

One-on-one Health Care Provider interview, follow-up and referral

MWDE Session Timeout: 19 Min 37 Sec - Microsoft Internet Explorer provided by Headquarters ERMIC

File Edit View Favorites Tools Help

Back Forward Stop Reload Search Favorites

Address <https://mwde.mods.army.mil/mwde/secure/default.asp>

SSN	NAME	RANK	DOB	UIC	GENDER	Current Location
6789	LUCIEN ADAM JAMES V	PV2	1988/2/8	W2L5H2	M	HRC - ERMIC

Type in a Social Security Number or Scan ID Card

Enter SSN

POST-DEPLOYMENT Health Assessment

Authority: 10 U.S.C. 136 Chapter 55. 1074f, 3013, 5013, 8013 and E.O. 9397

Principal Purpose: To assess your state of health after deployment outside the United States in support of military operations and to assist military healthcare providers in identifying and providing present and future medical care to you.

Routine Use: To other Federal and State agencies and civilian healthcare providers, as necessary, in order to provide necessary medical care and treatment.

Disclosure: (Military personnel and DoD civilian Employees Only) Voluntary. If not provided, healthcare WILL BE furnished, but comprehensive care may not be possible.

INSTRUCTIONS: Please read each question completely and carefully before marking your selections. Provide a response for each question. If you do not understand the question, ask the administrator.

Demographics

Last Name <input type="text" value="test"/>	First Name <input type="text" value="test"/>	MI <input type="text"/>	Today's Date (yyyy/mm/dd) <input type="text" value="2008/07/22"/>
Name of your Unit or Ship during this Deployment <input type="text" value="test"/>			Social Security Number <input type="text" value="123-45-6789"/>
Gender <input type="radio"/> M <input type="radio"/> F	Service Branch <input type="text" value="Army"/>	DOB (yyyy/mm/dd) <input type="text" value="1988/02/08"/>	
Component <input type="text" value="Active Duty"/>	Date of arrival in theater (yyyy/mm/dd) <input type="text" value="2006/03/23"/>		
Location of Operation (if other list location) <input type="text" value="Africa"/>	Pay Grade <input type="text" value="E5"/>	Date of departure from theater (yyyy/mm/dd) <input type="text" value="2008/07/20"/>	

To what areas were you mainly deployed:
(mark all that apply - list where/date arrived)

Area	Where	Date (yyyy/mm/dd)
<input type="checkbox"/> Kuwait	<input type="text"/>	<input type="text"/>
<input checked="" type="checkbox"/> Qatar	<input type="text" value="dcsf"/>	<input type="text" value="2008/04/08"/>
<input type="checkbox"/> Afghanistan	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Bosnia	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> On a ship	<input type="text"/>	<input type="text"/>

Area	Where	Date (yyyy/mm/dd)
<input type="checkbox"/> Iraq	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Turkey	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Uzbekistan	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Kosovo	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> CONUS	<input type="text"/>	<input type="text"/>
<input type="checkbox"/> Other	<input type="text"/>	<input type="text"/>

Name of Operation

Administrator Use Only

Done SRP Site Fri 3/20/2009 1:50 PM

start Inbox - Microsoft O... meeting notes.doc... Document1 - Micro... New slides w modifi... Microsoft PowerPol... MWDE Session Time... 1:50 PM

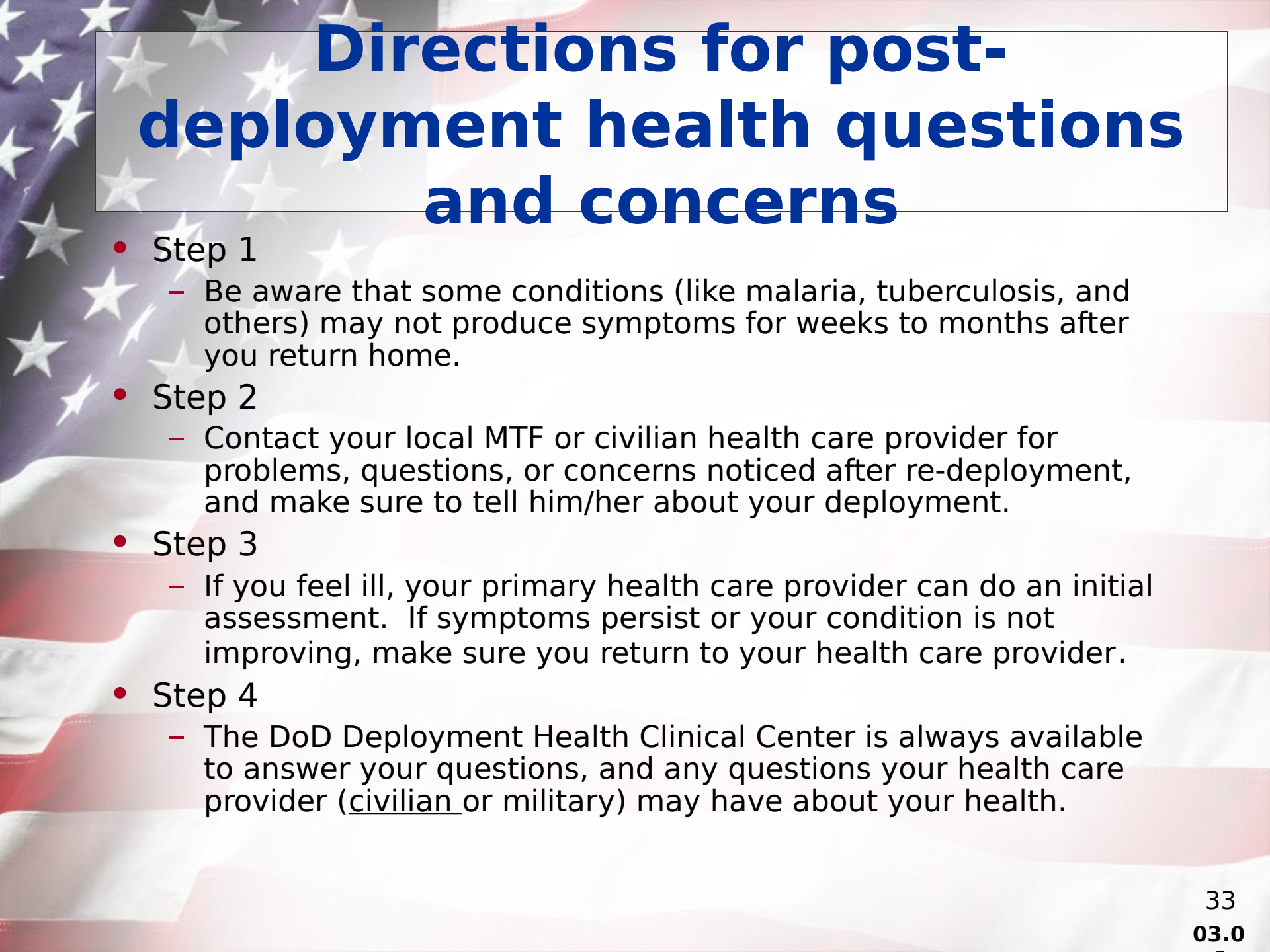
Post Deployment Health Assessment Form

- Health Assessment

- Face-to-face discussion with Health Care Provider (HCP)
- Answer based on your down range experiences and how you are feeling today
- Review of completed DD 2796 with HCP
- Follow-up may be recommended at home station
- Answering yes to any questions **will not** delay your departure from theater or delay block leave

Redeployment Requirements

- In-theater
 - Redeployment medical threat briefing
 - Post-deployment health assessment (DD Form 2796)
 - Post-deployment medical screening, testing, and follow-up
 - **Know where to go for health problems or concerns after you return home**
- Home Station
 - Post-deployment medical screening, testing, and follow-up
 - Tuberculosis skin test, blood draw and referral appointments, DD2900

The background of the slide is a close-up, slightly blurred image of the American flag, showing the stars and stripes. The title is centered at the top in a large, bold, blue font, enclosed in a thin red rectangular border.

Directions for post-deployment health questions and concerns

- Step 1
 - Be aware that some conditions (like malaria, tuberculosis, and others) may not produce symptoms for weeks to months after you return home.
- Step 2
 - Contact your local MTF or civilian health care provider for problems, questions, or concerns noticed after re-deployment, and make sure to tell him/her about your deployment.
- Step 3
 - If you feel ill, your primary health care provider can do an initial assessment. If symptoms persist or your condition is not improving, make sure you return to your health care provider.
- Step 4
 - The DoD Deployment Health Clinical Center is always available to answer your questions, and any questions your health care provider (civilian or military) may have about your health.

DoD Deployment Health Clinical Center

Walter Reed Army Medical Center

6900 Georgia Avenue, NW

Building 2, Room 3G04

Washington, DC 20307-5001

Phone: (202) 782-6563

Fax: (202) 782-3539

DSN: 662-3577

Toll Free Help Line: (800) 796-9699

<http://www.pdhealth.mil>

Remember “deploymenthealth.mil”

The background of the slide is a stylized American flag, with the stars and stripes visible. The title is enclosed in a red-bordered box.

Post Deployment Requirements

- In-theater
 - Receiving this post-deployment medical threat briefing
 - Completing the Post-Deployment Health Assessment (DD Form 2796)
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - Understanding where to go for health problems or concerns after you return home
- Home Station
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - TB skin test, blood draw and referral appointments, DD 2900

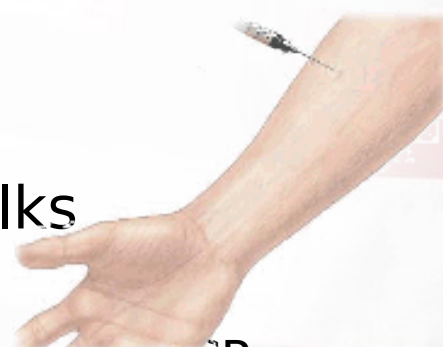
The background of the slide is a stylized American flag, with the stars and stripes visible. The title is enclosed in a red-bordered box.

Post Deployment Requirements

- In-theater
 - Receiving this post-deployment medical threat briefing
 - Completing the Post-Deployment Health Assessment (DD Form 2796)
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - Understanding where to go for health problems or concerns after you return home
- Home Station
 - Receiving post-deployment medical screening (of 2796), testing, and follow-up
 - TB skin test, blood draw and referral appointments, DD 2900

Preventive Measures Required

- Tuberculosis Skin Test
 - A skin test on the forearm to show if you have been exposed to tuberculosis
 - Delayed onset of positive test in some folks requires that you be tested twice:
 - At the time of redeployment as determined by your MCP
 - At 3-6 months after redeployment
(Date will be indicated on your DD Form 2796)
 - You must return 48-72 hours after the test to have it read and documented by a health care professional
- Blood sample taken at home station



DD FORM 2900

- Post Deployment Health Reassessment
 - Completed 3-6 months after re-deployment
 - Must complete the demographic information portion; the remainder of the form is voluntary
 - The form will be completed through AKO
 - An audiogram must be completed prior to provider interview
 - A healthcare provider will review and discuss your answers with you

Reunion with family and friends

- Reunion is a part of the deployment cycle and can be filled with joy and stress. Reintegration into the family structure is a critical process.
- Refer to the ***A Soldier and Family Guide to redeploying*** for remember during reunion with friends.
- Chaplains and counselors are available to help cope with homecoming stress



The background of the slide is a stylized American flag, with the stars and stripes visible. The stars are white on a blue field, and the stripes are red and white.

Summary

- Background
- Post Deployment Requirements
- Potential health threats
- Completion of DD Form 2796
- Where to go for health information
- Homecoming Stress

Conclusion

It is important to the US military and the Nation that you enjoy good health as you rejoin your family and friends upon return to home station.

If you have health problems or concerns, it is critical that you let someone know. It will not delay your departure for home station.

Are there any questions?